

Peak Performance Through Nutrition and Exercise



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Foreword

Funding to develop this guide was received from Health Affairs, Department of Defense (DoD). Our project was one of many health promotion and prevention initiatives selected for funding. The selection of this project indicated a need for resources and materials that address the health and fitness needs of military personnel. We recognize that there are numerous books, tapes and websites dedicated to physical fitness and performance nutrition for the general public. However, our goal was to develop a comprehensive resource that is specifically tailored to address the unique physical fitness and nutrition requirements of Navy personnel. Our previous publications include “*The Navy SEAL Nutrition Guide*” and “*The Navy SEAL Physical Fitness Guide*”. We hope that the nutrition and fitness information in this guide will help you achieve both your professional physical readiness and your personal performance goals. A companion guide for use by health promotion personnel is entitled “*Force Health Protection: Nutrition and Exercise Resource Manual*.”

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Disclaimer: The opinions and assertions expressed herein are those of the authors and should not be construed as reflecting those of the Department of the Navy, the Uniformed Services University of the Health Sciences (USUHS), or the Department of Defense.

Introduction



The mission of the Navy is to maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.

(Source: <http://www.navy.mil>)

As documented in enclosure (1) of OPNAV6110.1E, it is the responsibility of each service member to:

- ◆ Maintain a lifestyle that promotes optimal health and physical readiness.
- ◆ Develop a regular, year-round, fitness program of aerobic, flexibility, and muscular strength and endurance exercises using resource information and the assistance of the Command Fitness Coordinator (CFC) and recreational services departments.

This guide has been prepared to assist you in your efforts to gain or maintain a high level of physical fitness by combining sound nutritional and physical fitness practices. An overview of basic nutrition and physical fitness programs including aerobic conditioning and strength training are provided. Information for designing exercise programs for individuals at various levels of physical fitness is provided in this guide. Because deployment is part of a Navy career, the importance of nutrition and exercise in maintaining physical readiness when deployed is discussed in Chapters 10 and 12. Also, many people take nutritional supplements to enhance physical performance. The benefits and risks associated with using performance enhancing supplements is discussed in Chapter 14. In another chapter (Chapter 15) women's issues such as nutrition and exercise during pregnancy and lactation are discussed. Moreover, resources used to prepare this guide,

including websites for various Naval Commands and Civilian organizations involved in health promotions, are provided in Appendix D.

Seek the assistance of health promotion staff in your command. They have the knowledge and experience to help you attain your health and fitness goals. We encourage you to use this guide and hope that the ideas presented in Chapter 17 (Adopting Healthy Habits) will enable you to form healthy eating practices and to exercise regularly.

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Table of Contents (Click on page numbers to view sections.)

1	Energy Balance and Body Composition	1
	Energy Balance	1
	Estimating Energy Needs	2
	Body Composition	4
	Fat Distribution	4
2	Overview of Nutrition	6
	Energy Providing Nutrients	6
	Vitamins and Minerals	10
	Water	14
3	Eating for Optimal Health and Fitness	16
	Dietary Guidelines for Americans	16
	The Food Guide Pyramid	17
	Food Labels	19
	Selecting Nutrient-Dense Foods	20
	Vegetarian Diets	20
	Eating Out	21
	Snacking	21
	Nutrition Throughout Life	22
4	Overview of Physical Fitness	23
	What is Physical Fitness?	24
	FITT Principle	24
	Fuel Used During Exercise	26
	Exercise Sequence	26
	Training and Detraining	27
5	Cardiorespiratory Training	28
	Cardiorespiratory Physiology	28
	Benefits of Cardiorespiratory Exercise	29
	Aerobic Exercise Guidelines	29
	Training Design and Progression	33
6	Walk, Run, Swim!	35
	Walking and Running Gear	35
	Walking	36
	Running	37
	Swimming	40

7	Strength Training	42
	Strength versus Endurance	42
	Benefits of Strength Training	43
	Determinants of Muscle Size	43
	Strength Training Guidelines	44
	Equipment	48
	Types of Workouts	49
8	Calisthenics	50
	Calisthenic Guidelines	50
9	Flexibility	54
	Benefits of Stretching	54
	Flexibility Exercises	55
10	Training in Confined Spaces	58
	Aerobic Conditioning	59
	Strength Training	59
	Workout Design	65
	Morale During Deployment	66
11	Nutrition for Exercise	67
	Carbohydrate Needs	67
	Protein Needs	69
	Vitamin and Mineral Needs	70
	Fluid Needs	70
	Nutrition for Exercise Recovery	71
12	Deployment and Altered Climates	72
	Acclimating to Altered Environments	72
	General Nutrition Issues	73
	Physical Activity Concerns	74
	Hot Environments	74
	Cold Environments	74
	Altitude	75
13	Training and Overuse Injuries	76
	Injuries: Treatment and Prevention	76
	Return to Duty	79
	Overtraining Syndrome	79

14	Supplements and Performance	80
	Vitamin and Mineral Supplements	80
	Nutritional Ergogenic Agents	81
	Ergolytic Agents	83
15	Training Issues for Women	84
	Pregnancy and Lactation	84
	Female Athlete Triad	86
16	Age and Performance	88
	Changes in Metabolism and Body Composition	88
	Nutritional Needs	89
	Countering Age-Associated Changes in Fitness	90
17	Adopting Healthy Habits	92
	Setting “SMART” Goals	92
	Reaching Goals	94
	Maintaining Healthy Habits	95
	Appendix A: Ideas for Healthy Food Choices	97
	Appendix B: Sample Workout	100
	Appendix C: Strength Exercises	103
	Appendix D: Resources	109
	Glossary	113
	Index	117

List of Figures (Click on page numbers to view figures.)

Figure 1-1. Energy Balance: Intake vs. Output	1
Figure 2-1. Symptoms of Dehydration	15
Figure 3-1. Food Guide Pyramid	17
Figure 3-2. How to Read a Food Label	19
Figure 4-1. The Fitness Continuum	24
Figure 4-2. The Physical Activity Pyramid	25
Figure 4-3. Recommended Exercise Sequence	26
Figure 5-1. Measuring Heart Rate at the Wrist	30
Figure 5-2. Target Heart Rate Zones	31
Figure 6-1. Three Traits of a Good Running Form	37
Figure 7-1. Factors that Affect Muscle Size	43
Figure 7-2. Exercises for Various Muscle Groups	47
Figure 10-1. Anchoring Elastic Tubing	60
Figure 15-1. The Female Athlete Triad	86

List of Tables (Click on page numbers to view tables.)

Table 1-1.	Estimate Your Activity Factor	3
Table 2-1.	Determining Your Protein Factor	8
Table 2-2.	Requirements and Functions of Vitamins	12
Table 2-3.	Requirements and Functions of Minerals	13
Table 3-1.	Portion Sizes Equivalent to a Serving	18
Table 3-2.	Suggested Servings Based on Total Daily Caloric Intake	18
Table 4-1.	Training vs. Detraining	27
Table 5-1.	Examples of Aerobic Exercise	32
Table 5-2.	Various Training Strategies for Speed	33
Table 6-1.	Outline of a Walking Program	37
Table 6-2.	Beginning a Jogging Program	38
Table 6-3.	An Intermediate Running Program	39
Table 6-4.	Swim Program to Build Your Distance	40
Table 7-1.	Free Weights vs. Resistance Machines	48
Table 8-1.	Calisthenic Exercises Arranged by Muscle Group	51
Table 9-1.	Static Stretches	55
Table 9-2.	Dynamic Stretches	57
Table 10-1.	Exercises to Perform in Confined Spaces	61
Table 10-2.	Circuit Training Workout	65
Table 13-1.	Injuries, Treatments, and Prevention	77
Table 13-2.	Symptoms of Overtraining Syndrome	79
Table 14-1.	Claims and Risks of Ergogenic Agents	82
Table 14-2.	Ergolytic Agents and Performance	83
Table 15-1.	Nutrition and Exercise Guidelines for Pregnancy	85

Table 16-1.	Age-Related Changes in Fitness	90
Table 17-1.	Some General Nutrition and Fitness-Related Goals	94
Table 17-2.	Steps and Actions To Take To Reach Your SMART Goals	95
Table A-1.	Healthier Food Selections	97
Table B-1.	Sample Workout	100
Table C-1.	Examples of Common Training Mistakes	108

List of Worksheets (Click on page numbers to view worksheets.)

Worksheet 1-1. Calculate Your BMR	2
Worksheet 1-2. Calculate Your Estimated Energy Requirement (EER)	3
Worksheet 1-3. Calculate Your BMI	4
Worksheet 1-4. Calculate Your Waist-to-Hip Ratio	5
Worksheet 2-1. Calculate Your CHO Requirements	7
Worksheet 2-2. Calculate Your Protein Requirements	8
Worksheet 2-3. Determine Your Maximum Fat Limit	10
Worksheet 2-4. Calculate Your Daily Water Requirement	14
Worksheet 2-5. Calculate Your Water Loss Limit	15
Worksheet 5-1. Determine Your Target Heart Rate	31
Worksheet 11-1. Calculate Your Daily CHO Needs	68
Worksheet 11-2. Calculate Your Protein Needs	69
Worksheet A-1. Nutrition Tracking Guide	99
Worksheet B-1. Aerobic Exercise Log	101
Worksheet B-2. Strength Exercise Log	102

